Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, September 21, 2025

Reiki Techniques

Reiki Attunements and Healing Sessions are a Team Effort

You can visualize Archangels and Ascended Masters and other Divine beings like Jesus Christ joining you and beaming light to the lerson being healed or attuned. Also visualize their Higher Self above their crown beaming light to them, it is a team effort.

Visualization

When I volunteered for the Distant Healing Network I wouldn't know what the people needing healing looked like. Same as when I created attunements and healing sessions for a mass audience via my books and videos. I imagined others as Higher Selves. Light beings. I visualized sending energy to the Light beings to be received by each person at the perfect time for the highest good. This works as we all have Higher Selves which are Light beings. The Higher Self is the custodian and delivers to the incarnated self at the perfect time for each for the highest good of each.

Getting Started

I have 28 Reiki Attunements prepared for you in this book (and for everyone else that reads the book). The book also teaches you how to use the 4 Usui Reiki symbols and how to attune/heal others. My process has been via a chi ball held by the Higher Self. It's in the book. Enjoy!

28 Powerful Reiki Attunements available here:

https://drive.google.com/drive/folders/1jgJVoMFzBmfMkQ9FlMJqHGIqwejFLENs

- September 21, 2025

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Light body
Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)
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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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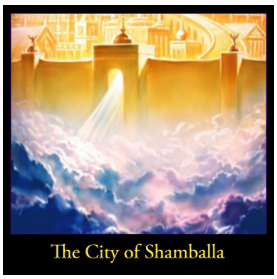

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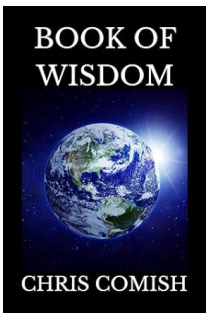

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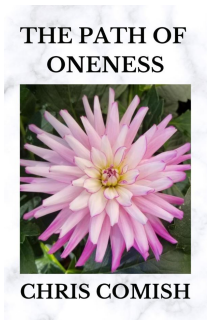

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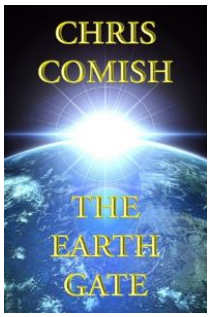

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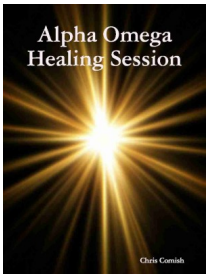

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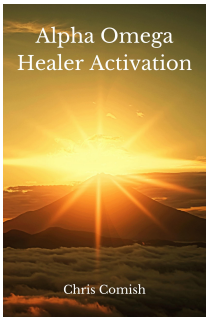

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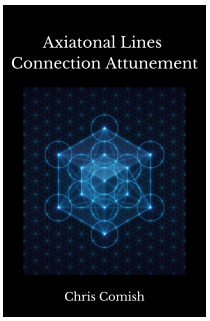

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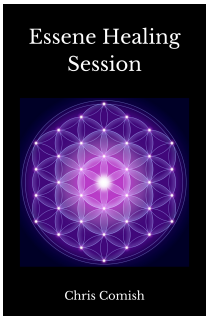

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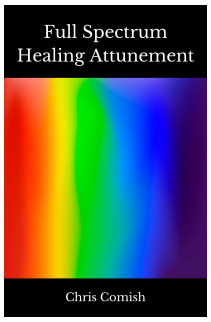

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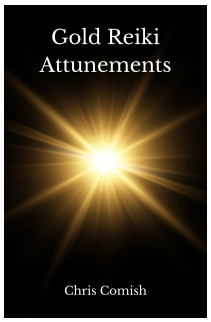

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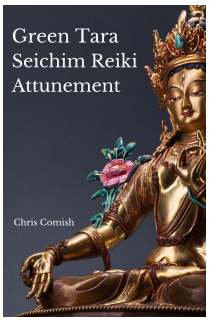

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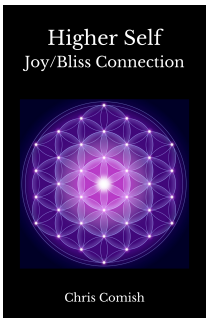

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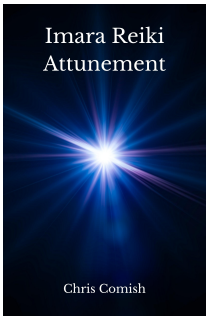

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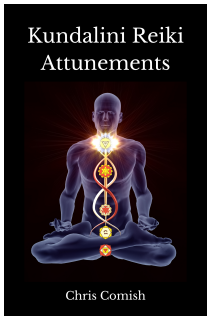

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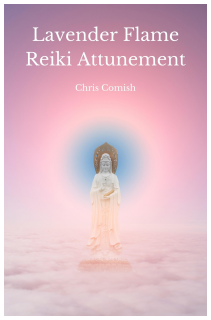

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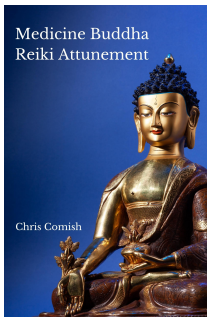

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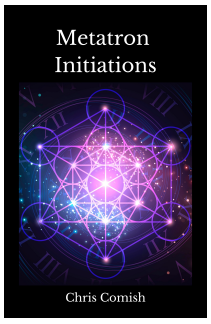

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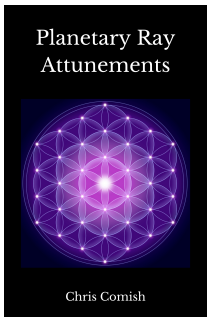

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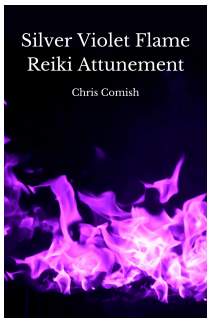

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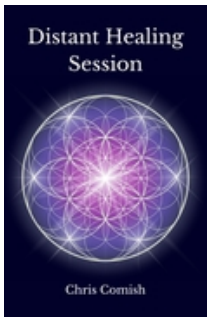

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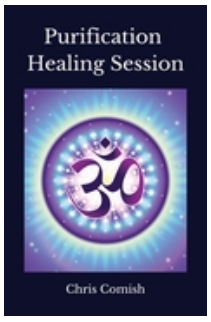

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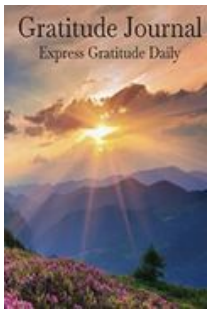

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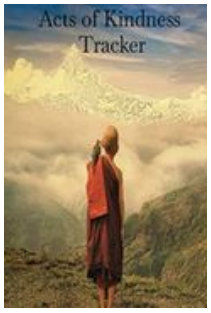

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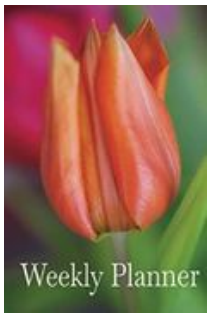

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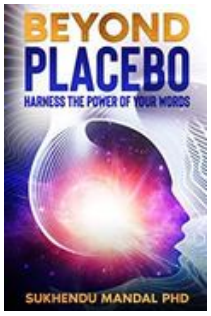

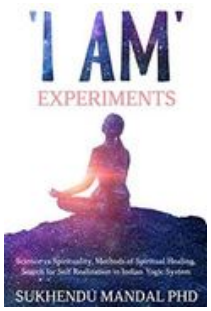

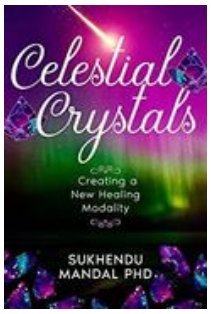

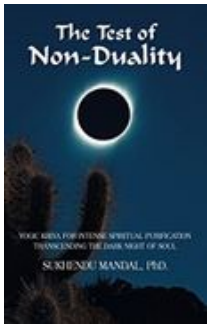

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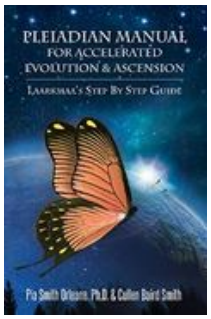

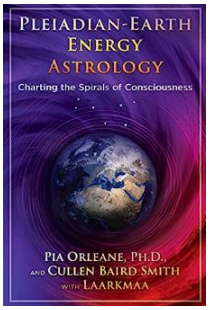
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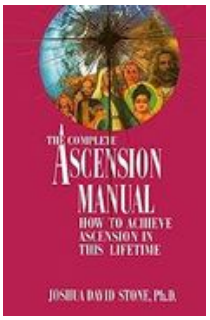
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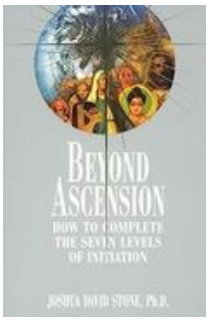
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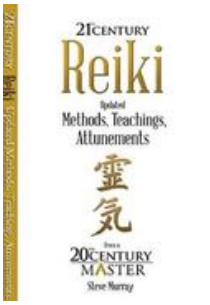
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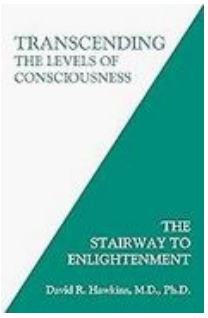
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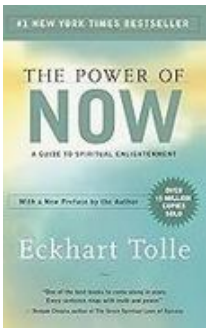
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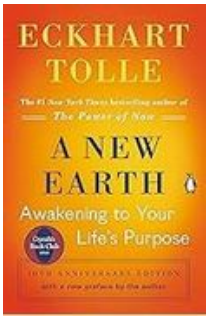
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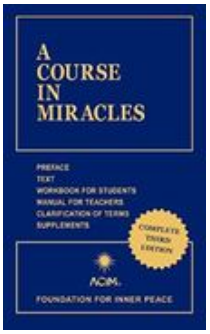
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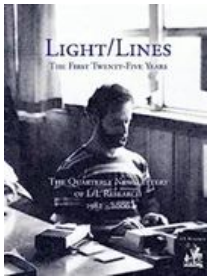
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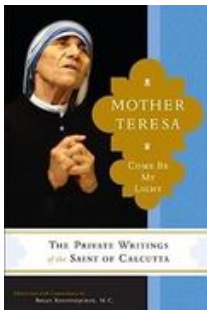
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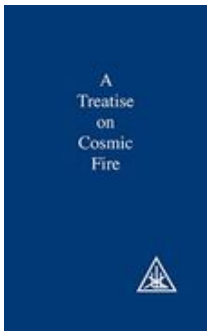
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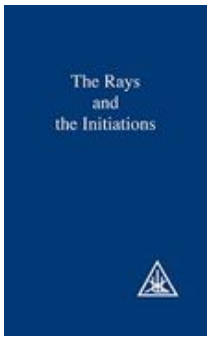
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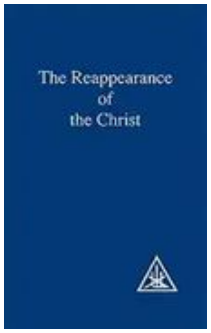
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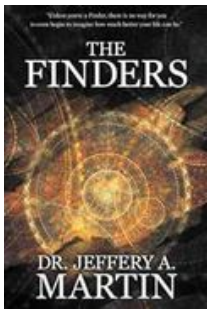
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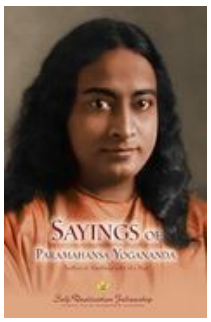
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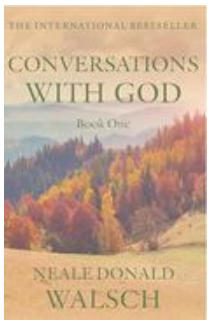
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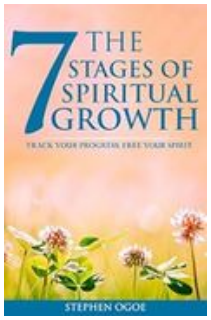
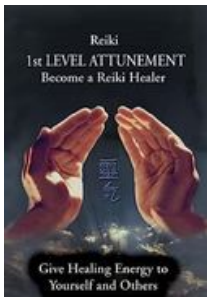
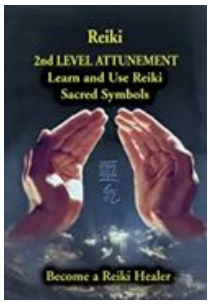
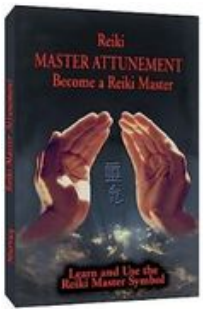
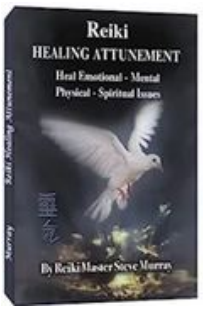


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
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